



OESNEWS

Governor's Office of Emergency Services

FOR IMMEDIATE RELEASE

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OES Director, State Public Health Officer: Avoid Heat-related Problems, Conserve Power

SACRAMENTO – As a summer heat wave that has pushed temperatures beyond 100 degrees in many areas of California continued, the Director of the Governor's Office of Emergency Services (OES), Henry Renteria and the State's Public Health Officer Dr. Mark Horton today offered Californians tips on reducing their risk of heat-related problems and coping with power outages triggered by the increased use of electrical power.

"Summer heat waves can be dangerous, especially for seniors and other vulnerable people. To protect yourself when temperatures are extremely high, remember to drink plenty of fluid, wear lightweight, loose-fitting clothing and pace yourself when outside," said State Public Health Officer, Dr. Mark Horton. "Monitor those around you who are at a high-risk of heat-related illness such as small children, seniors and people who are ill or on certain medications."

In addition to urging Californians to take steps to reduce their risk of heat-related injuries and health problems, OES Director Henry Renteria asked Californians to help conserve energy at a time when the increased use of power by Californians in response to the current heat wave is putting stress on the state's power grid and in some cases causing isolated power outages

"Conservation is the key to avoiding power emergencies during this severe heat wave," said Renteria. "We are all tempted to run the air conditioning as high as we can to stay cool, yet there are many steps Californians can take to balance living comfortably and maintaining the integrity of the power system."

"Setting the thermostat between 78 and 80 degrees, rather than at a lower temperature, while you are at home will enable Californians to be comfortable and save energy," Renteria added. "Setting the thermostat at 85 or turning off the air condition while you are away from home will also help conserve energy statewide."

Other energy-saving tips include:

- Filling primary refrigerators and freezers with food and beverages and turning off secondary refrigerators and freezers
- Turning off lights, fans and other appliances when you are not in the room or when you are not using them
- Using appliances after the peak afternoon and evening hours of 4 to 6 p.m.

Additional tips on protection from the heat are available on the California Department of Health Services (DHS) web site at <http://www.dhs.ca.gov>. Additional tips on saving energy are available on the California Independent Systems Operator's web site at <http://www.caiso.com>.

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